



NORTHBRIDGE INTERNATIONAL SCHOOL
CAMBODIA
A NORD ANGLIA EDUCATION SCHOOL

Achieving Success Together





What we do in school

Monitor two key aspects of students lives in school



Pastoral

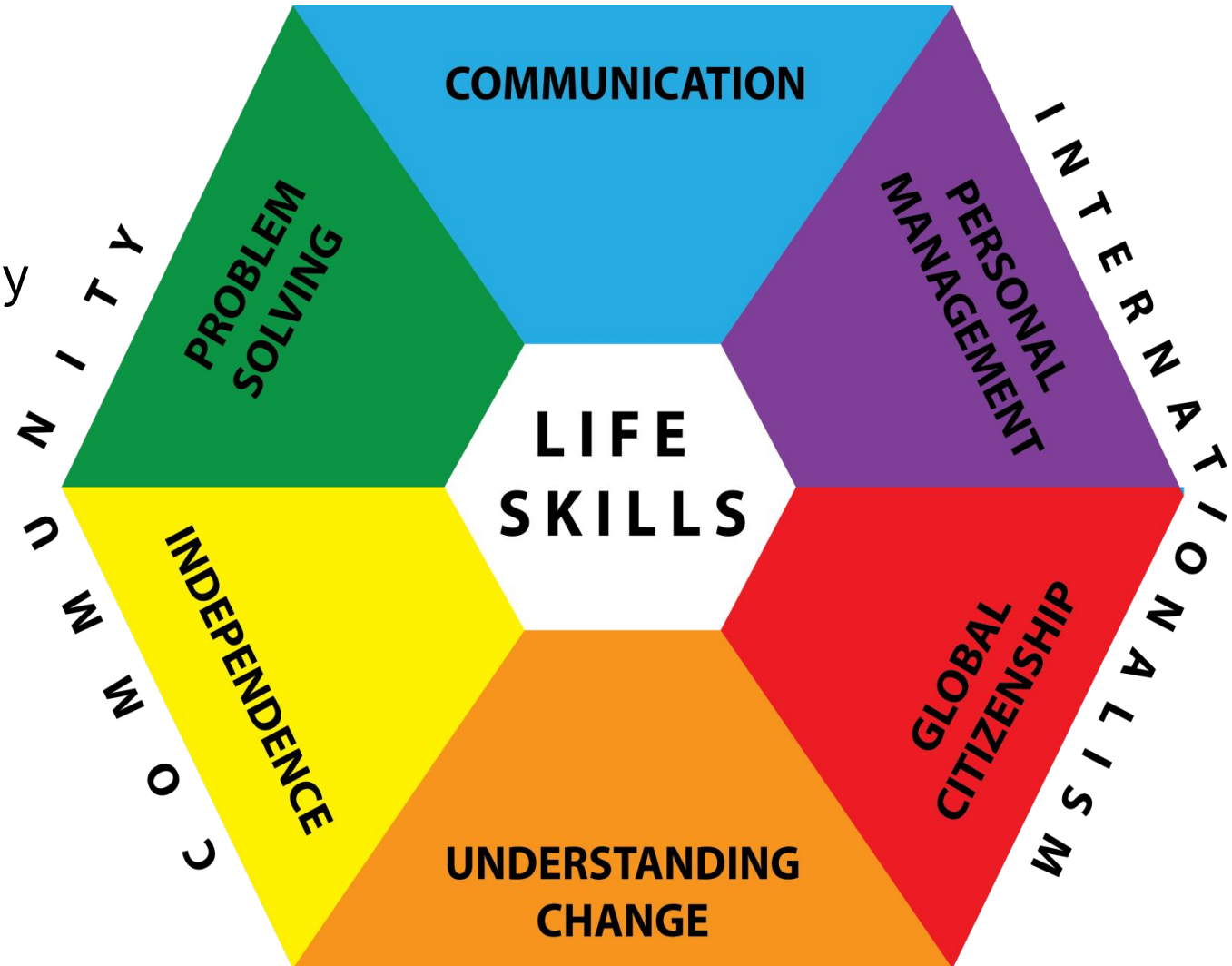


Academic



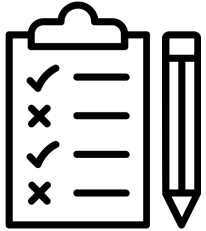
Pastoral Care

- Daily Advisory
- Monday Morning Advisory/ Assembly
- Grade Level Leaders
- Counselling Services
- International Life Skills

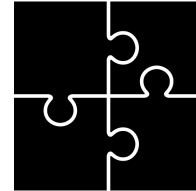




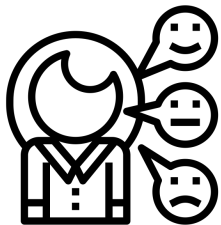
Academic Monitoring



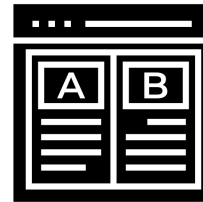
track student assessments



consider the wider picture



direct feedback from teachers each month



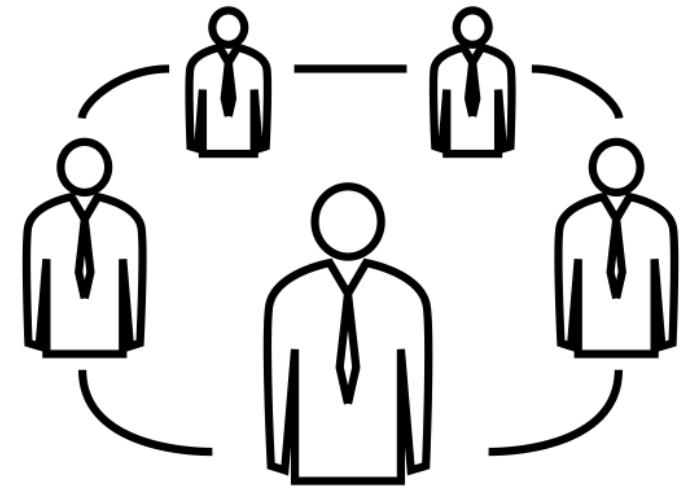
compare to standardised assessments



Coming together

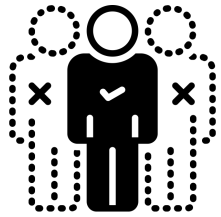
Collected information is not dealt with in isolation

Weekly meeting about DP students to ensure wider picture is considered





How parents can help

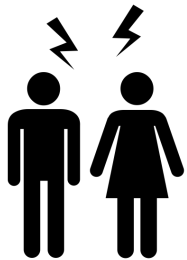


attendance



allow clear study time & routines

The parts of the brain that are responsible for planning, decision making, and self-responsibility are not mature until 23 years of age.



How to make routines less stressful?

First, have realistic expectations: The average child complies with requests from parents no more than 40% of the time (and it often takes 5-6 requests before a child obeys).

STRESS IS UNAVOIDABLE.

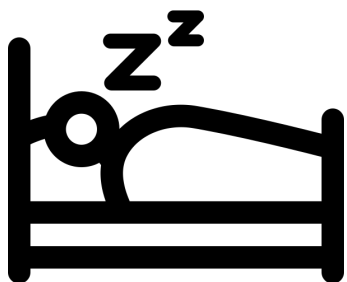
However, there are ways to make YOUR stress more manageable.

Make some routines as automatic and predictable as possible

Reward compliance (and have natural consequences for lack of compliance).



Important routines connected to learning



Your child needs 8-10 hours of sleep every night and adolescents (teenagers) need even more sleep than do children.

Set a bedtime and a wakeup time that gives your child enough time to get the rest he/she needs and the time necessary to prepare for the school day. Make sure your bedtime and wakeup time are sufficient for what you need to take care of as well.

Even the older students need this guidance to help them. They will never develop their independence to these skills if they have never experienced them.



Important routines connected to learning



Eating A balanced diet is essential for children to have the attention span and energy they need to do well in school. Sugar, fatty foods, and caffeine should be minimal parts of your children's diets.



Lead by example



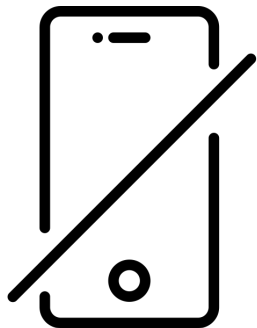
Important routines connected to learning



Physical activity and exercise helps lead to healthy development. Make sure your routines allow for plenty of physical activity for your children. No matter how much your children love computer games, television, or texting their friends, it is important to not let these activities substitute for physical recreation.



Important routines connected to learning



A recent study found that the average 10-16 year old child spends 53 hours per week engaged in media (texting, Facebook, video games, television, etc.). Only 30% of parents surveyed in the study set any limit with regard to their children's media exposure.



Limit phones use **every day**.

Create family boundaries. **SET THE EXAMPLE.**

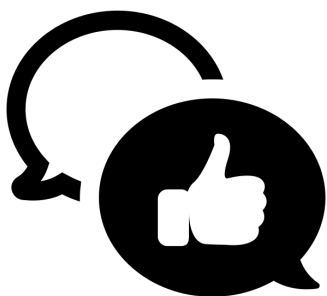
No devices in bedroom when time to sleep. Get them an alarm clock. If messages are so important they will wake up early to see them!



Encourage them



Seek support. Tutors are not always the solution. We want to foster independent self determined students.



Walk the balance between pressure and expectations with compassion and support.
Be positive and praise them.
Model the attitudes you want to see. Talk about school in positive light.



Any questions?